

FIRST AID AT WORK

This **4 day** course is suitable for individuals who:

- would like to gain the First Aid at Work statutory Certificate , in compliance with the current Health & Safety (First Aid) Regulations 1981 and become a nominated First Aider in the workplace.
- need to renew an existing First Aider certificate by attending a refresher course.
- would like a broader knowledge of first aid than that provided by the 1 day course.

Course outline

Trainees are first taught how to make an initial assessment when faced with an emergency situation and then to take the appropriate action as necessary. The syllabus includes all of the topics covered in the 1 day course but in greater detail:

- dealing with accidents and illness
- using a first aid kit
- simple record keeping
- resuscitation
- treatment of an unconscious casualty
- choking
- treatment of heart attack
- control of bleeding
- burns and scalds
- poisoning
- fractures
- shock

The HSE compliant First Aid at Work Certificate is valid for 3 years.

